



# 2023 Swim & Dive Team Schedule



Sunday 6/11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 6/17
	<b>Mandatory Team Parent Mtg 7:30p</b>	Not Available	Practice Time 4-5p ages <b>10 &amp; Under</b> 5-6p ages <b>11 &amp; Over</b>	Not Available		<b>*NOTE - All 10&amp;U Dive Practices at HSC 10:15a</b>
Sunday 6/18	Monday 19	Tuesday 20	Wednesday 21	Thursday 6/22	Friday 6/23	Saturday 6/24
<b>Happy Father's Day</b>	Dive prac (11+) CSI 9-10a 9:15-10:30a <b>10 &amp; Under</b> 10:30-11:30a <b>11 &amp; Over</b> <b>11:30-12p Lessons</b>		Swim Practice Time 7-8pm ages <b>11 &amp; Under</b>	Dive prac (11+) CSI 9-10a Swim Practice 7-8pm ages <b>12 &amp; Over</b>		
Sunday 6/25	Monday 26	Tuesday 27	Wednesday 28	Thursday 6/29	Friday 6/30	Saturday 7/1
<b>Morning Practice Starts Monday</b> <b>RC Travel Team Posted</b>	<b>Dive CSI (11+) 9-10a</b> 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U <b>11:30-12p Lessons</b>	Same Practice Schedule as Monday <b>HSC at RCCC 4p</b> <b>Warm up 3:30pm</b>	<b>Dive Meet SSSC 9a</b> 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U <b>11:30-12p Lessons</b>	<b>Dive CSI (11+) 9-10a</b> 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U <b>11:30-12p Lessons</b>	<b>Dive CSI (11+) 9-10a</b> 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U <b>11:30-12p Lessons</b>	
Sunday 7/2	Monday 7/3	Tuesday 7/4	Wednesday 5	Thursday 6	Friday 7	Saturday 7/8
	<b>Dive CSI (11+) 9-10a</b> 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U <b>11:30-12p Lessons</b>	<b>SLEEP IN, DAY OFF... HAPPY FOURTH!</b>	<b>Dive Meet GKSC 9a</b> 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U <b>11:30-12p Lessons</b>	<b>Blue vs. Gold Meet</b> 8am - All HSC Swimmers Competing	<b>Dive CSI (11+) 9-10a</b> 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U <b>11:30-12p Lessons</b>	
Sunday 9	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15
	<b>HSC vs. VGSC 9a</b> Warm up 8am Team Pizza Day	<b>Dive CSI (11+) 9-10a</b> 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U <b>11:30-12p Lessons</b>	<b>Dive Meet SSSC 9a</b> 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U <b>11:30-12p Lessons</b>	<b>Team Picture 8:30a</b> <b>HSC vs SSSC 9a</b> Warm up 8am Team Pizza Day	<b>HSC at GKSC 9a</b> Warm up 8am	
Sunday 16	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22
	<b>Dive CSI (11+) 9-10a</b> 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U <b>11:30-12p Lessons</b>	<b>HSC at VGSC 9a</b> Warm up 8am	<b>Dive Meet GKSC 9a</b> 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U <b>11:30-12p Lessons</b>	Usual Dive & Swim Practices & Lessons <b>Designer Bag Bingo Fundraiser 6:30p</b>	<b>HSC vs. RCCC 9a</b> Warm up 8am Team Pizza Day	Mini Champs at HSC 8am (ALL 8 & Under)
Sunday 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29
	<b>11:30-12p Lessons</b> <b>HSC vs. GKSC 5p</b> Warm up 4pm HSC Team Pizza Day	Usual Dive / Swim Practice Times & Lessons <b>Full Team Pasta Lunch &amp; Champs Rally-12p</b>	<b>Dive Meet SSSC 9a</b> Usual Swim Practice Times & Lessons	<b>HSC at SSSC 9a</b> Warm up 8am <b>Dive CSI 2-3p</b> Champs Team Post-3pm	<b>Dive Champs GKSC</b> Warmup TBD <b>Splash Party @HSC 6:30p</b>	Champs Team Practice 10-12p
Sunday 7/30	Monday 7/31	Tuesday 8/1	Wednesday 8/2	Thursday 3	Friday 4	Saturday 5
Champs Team Practice 9-11a	<b>SWIM CHAMPS PRELIMS</b> at RCCC Warmup Time TBD	<b>SWIM CHAMPS FINALS</b> at RCCC Warmup Time TBD	<b>2023 Swim Team Awards Dinner</b> 6:30p HSC Patio	<b>ENJOY VACATION</b>		

All 10 & U Dive Practices at HSC @ 10:15a

DIVE HOME AWAY CHAMPS

All 10 & U Dive Practices at HSC @ 10:15a